

## DID YOU KNOW...

All products sourced by Whitson's contain Zero Trans Fats. ● The majority of the food sourced by Whitson's contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ● Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

### LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00

Ala-Carte Extra Pizza \$1.25

### Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00

10 Lunches=30.00 30 Lunches= 90.00

## ALL LUNCH INCLUDES

### ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit

## AVAILABLE DAILY

### Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with grape tomatoes, cucumbers, dressing, whole wheat pita or plain dinner roll, cheese stick.

*\*If you have a food allergy, please speak to the Director or Lead Server. \*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \*Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

**Kevin Silvia @ 781-721-7033**



Luke celebrates National Chicken Month. Did you know that chicken is a very good source of protein? It provides 67.6% of the daily value for protein in just 4 ounces.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div><div><h1>WELCOME BACK!</h1><p>The veggie of the month is CORN.</p></div></div>						<div><b>1</b><u>1.Chicken Tenders</u> Breaded chicken tenders served w/ mashed potatoes &amp; 2. American Sub  Honey glazed carrots</div>		<div><b>2</b>  No School Labor Day Weekend</div>	
<div><b>5</b>  No School Labor Day</div>		<div><b>6</b><u>1.Gloria's Pizza</u> Whole Wheat Cheese 2. Turkey &amp; Cheese Wrap Broccoli Bites W/LF Dip</div>		<div><b>7</b><u>1.Nacho Fiesta</u> Whole grain nachos topped w/ mexi-beef shredded lettuce, salsa &amp; shredded cheese. 2.BLT Cheese Wrap <b>Fiesta Corn</b></div>		<div><b>8</b><u>1.Brunch For Lunch</u> Pancakes w/syrup served w/ tator tots&amp; breakfast sausage 2.Chicken Ranch Sand Baked Apple Crisp</div>		<div><b>9</b><u>1.Gloria's Pizza</u> Cheese Pizza slice  2.Tuna Sub Chopped Romaine Salad W/ Italian Dressing</div>	
<div><b>12</b><u>1.Cheeseburger Sliders</u> Two all beef sliders topped w/ cheese, served w/potato wedges  <b>2.Chicken Caesar Salad</b> Steamed Broccoli</div>		<div><b>13</b><u>1.Gloria's Pizza</u> Whole Wheat Cheese 2.Turkey BLT Wrap Mixed Green Salad W/ Ranch Dressing</div>		<div><b>14</b><u>1.Corn Dog "N" Mac &amp; Cheese</u> Breaded corn dog served w/ Elbow Mac n Cheese 2.Buffalo Chicken Wrap  Seasoned Carrots</div>		<div><b>15</b><u>1.Ravioli</u> Cheese Filled ravioli tossed in a basil marinara Served w/Breadstick <b>2.Crudite Lunch Box</b> (rolled ham, turkey, cheese w/ vegetables &amp; dip) Caesar Salad</div>		<div><b>16</b><u>1.Gloria's Pizza</u> Cheese Pizza slice  2. Ham &amp; Cheese Wheat Wrap  Steamed Green Beans</div>	
<div><b>19</b><u>1.Grill Cheese &amp; Soup</u> Grilled cheese w/ a cup of chicken noodle soup 2. Chef Salad Bagged Carrots W/LF dip</div>		<div><b>20</b><u>1.Gloria's Pizza</u> Whole Wheat Cheese 2. Bagel Lunch Garden Salad W/ Italian Dressing</div>		<div><b>21</b><u>1.Meatball Sub</u> Chicken Meatballs simmered in Marinara sauce served in a sub &amp; topped w/mozzarella 2. Oriental Salad Steamed Green Beans</div>		<div><b>22</b><u>1.Roast Turkey Dinner</u> Roast Turkey w/ gravy served w/ whipped potatoes. Cupped Cranberry &amp; Dinner Roll 2.Salami &amp; Cheese Sub Sweet Peas</div>		<div><b>23</b><u>1.Gloria's Pizza</u> Cheese Pizza slice  2.Chicken Salad Wrap Cucumber Wheels W/LF Dip</div>	
<div><b>26</b><u>1.Crispy Orange Chicken</u> Breaded Popcorn Chicken tossed in an Asian Orange Ginger sauce. Served w/rice &amp; fortune cookie 2.Greek Salad Mixed vegetables</div>		<div><b>27</b><u>1.Gloria's Pizza</u> Whole Wheat Cheese 2.Pretzel Lunch Romaine Salad w/ Ranch Dressing</div>		<div><b>28</b><u>1.Chicken Parmesan &amp; Pasta</u> Breaded chicken topped w/ marinara sauce &amp; cheese served w/ whole grain pasta &amp; marinara sauce. 2. Bologna &amp; Cheese on a bun Garden Salad</div>		<div><b>29</b><u>1.Mission Beef Burrito</u> Whole wheat tortilla filled w/ mexi-beef , refried beans, shredded lettuce &amp; cheese 2.Chicken Caesar Wrap Steamed Carrots</div>		<div><b>30</b><u>1.Gloria's Pizza</u> Cheese Pizza slice  2.Roast beef on a bagel Mixed Green Salad w/ Italian dressing</div>	
<div><b>WE PURCHASE LOCAL!</b> Produce is purchased through regional suppliers when seasonably available. Visit our website to see all that we are doing to help save the environment! <a href="http://www.Whitsons.com">www.Whitsons.com</a></div>		<div><b>Visit Our Virtual Cafeteria!</b> Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. <a href="http://www.Whitsons.com/Nutrition">www.Whitsons.com/Nutrition</a></div>		<div><b>Have Allergies to Gluten, Casein or Soy?</b> Check out NuLife Foods! They offer great tasting, GFCFSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria! <a href="http://www.NuLifeFoods.com">www.NuLifeFoods.com</a></div>					